

From the WISE Office

Dear WISE families,

As we navigate this uncharted territory, we are grateful for the spirit of community and resilience at our school. We are finding new ways to connect and learn with each other while leaning on our foundations of rhythm and routine with our families.

Your class teacher and the administrative team are here to support you as we grieve and reimagine together. We will be in frequent communication and want to help as you settle into this new reality.

May these days bring us closer to our loved ones, be an opening to new perspectives and possibilities, and give us a deeper trust that we will be able to meet the challenges that lie ahead.

The WISE Admin Team 🌱

Waldorf Independent School of Edmonton (WISE)

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WISE Facebook Page:
[Waldorf Independent School of Edmonton](https://www.facebook.com/WaldorfIndependentSchoolofEdmonton)

Facebook Parent Group:
[The WISE Parent Connection](https://www.facebook.com/TheWISEParentConnection)
(Please contact parentpartnership@wese.ca to join our Facebook parent group)

Enchanted Garden Store Hours:
By Appointment: store@thewise.ca



Message from the Board

Alberta schools closed on March 15th as the province continued to take action against the outbreak of COVID 19. As a result, the WESE Board, Principal and Administration closed our school and suspended events and community activities. It has been a challenging time with countless changes for our staff, families and students. I want to acknowledge this challenge, thank everyone for their support and cooperation, and express my hope that everyone in our community is safe.

I am reassured by the strength of our faculty and staff. It has been their leadership and their commitment to our school that has allowed us to quickly make decisions, support each other and move on to a new phase of continued student learning, while the school building remains closed. Our teachers are talented and strong. They are always mindful of the well-being of our children and families as they work to balance continued learning with allowing families the time they need to adjust and breathe during this transition. Our school is continuing to operate, and I hope that all families continue to feel the connection and warmth we always aim to provide even as we wrestle with social distancing.

The Board continues to meet regularly via teleconferences with the aim to support our school. Our focus has been the safety of our school community and the broader public. We are

committed to supporting our faculty and staff through this uncertain time, ensuring the WISE continues to operate and making decisions that care for our students and families.

We have an amazing school community at the WISE. For so many of us, the school is a place to gather, connect with friends and meet new people. It is for this reason that social distancing, the closing of the school, and cancelling of events is so hard. I want everyone to know that this strong community is still very much alive and well. Lately I have seen other WISE families, from a safe distance, as I go on walks with my family and I am reminded of our strength and am hopeful for the future. I also can't wait to return to normal where we can embrace each other and celebrate together.

Hopefully you are reading this newsletter while practising your water colour painting, beeswax modelling, knitting or having other fun times with your family. However, in all seriousness, please stay safe and take care of yourselves. I wish you all the best and look forward to seeing you as soon as normal school operations resume.

Tim Burnham
President, WESE Board 🌱



*We must eradicate from the soul
All fear and terror of what comes towards man out of the future.
We must acquire serenity
In all feelings and sensations about the future.
We must look forward with absolute equanimity
To everything that may come.
And we must think only that whatever comes
Is given to us by a world-directive full of wisdom.
It is part of what we must learn in this age,
namely, to live out of pure trust,
Without any security in existence.
Trust in the ever present help
Of the spiritual world.
Truly, nothing else will do
If our courage is not to fail us.
And let us seek the awakening from within ourselves
Every morning and every evening.*

-Rudolf Steiner

Helpful Links

Support stories for children:

- <https://www.waldorfeducation.org/news-resources/newsarticles-of-interest/articles-detail/~board/member-news/post/the-great-pause-a-tale-for-young-children>
- <https://howtotellstories-to-children.com/blog1/coronavirus-home10>
- <https://www.sparklestories.com/stuck-at-home/>

Support stories for adults:

- <https://www.waldorfessentials.com/resources>
Scroll down to find multiple free resources (including Temperament Parenting)
- <https://www.simplicityparenting.com/>
“Troubling Times: Anxiety Rising, Schools Closing, and Way More Time at Home With The Kids.”

A special 5-part audio series that includes 10-20 minute topics of:

- Preparing
- Signaling Security via Decluttering
- Wrapping Warm Rhythm Around Our Children
- Dialing Back Schedules in Preparation and Decisions Afterwards
- Filtering Adult Information More Important Now Than Before

- <https://www.waldorfeducation.org/fs/comms-manager/view/e6dad34-d1f7-4766-a96f-ea41e44dfbc3>

Community Building

Bulk Order

The Bulk Order Continues! (With appropriate physical distancing protocols in place.)

Miss coming to the school? Looking for bulk groceries? The bulk order plans to run again in April!

Order opens: April 12th

Order closes: April 19th 10:00pm

Pickup: At the school between 3:00 and 4:30pm on Friday, April 24th

New to the bulk order? It's a great way to get organic foods and supplies, all while supporting our school. We would love to have you (it's also open for your friends and family to join). Place your order or sign up for an account at <https://foodclub.org/wise/login> (note that an 11% surcharge will be added to your order to cover our processing costs as well as the fundraising portion).

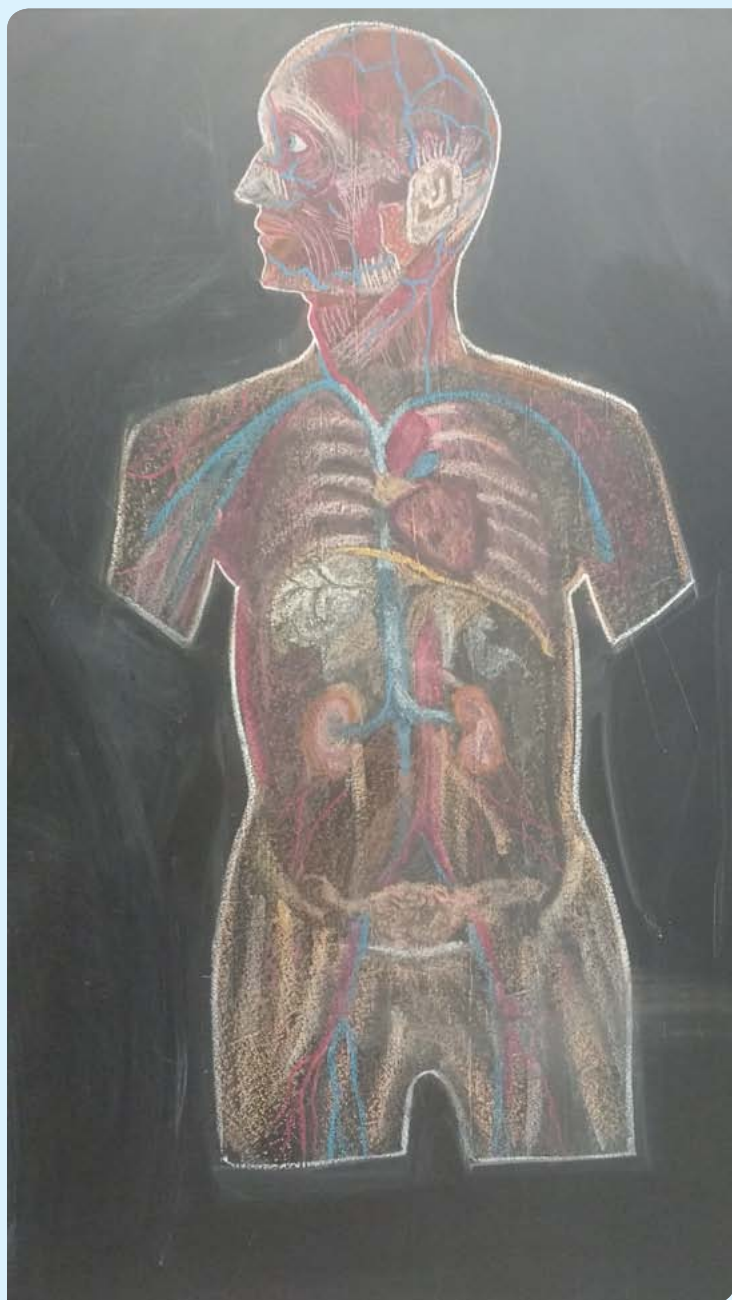
Need more information? Email bulkorders@thewise.ca or check out <https://www.thewise.ca/bulk-orders/> 🌱

Highlight of the Class

Class 7

Mary Conrad (Class 7 Teacher)

For the fourth time this year, Class 7's main lesson block has coincided with a national event. During September's Middle Ages unit, the students were learning about the lesser known polymath Hildegard of Bingen the week of her saint's day; Columbus Day overlapped with our Exploration block in October and, following our novel study on Miep Gies' *Anne Frank Remembered*, the Anne Frank exhibit scheduled a visit for us in January (with the announcement of her memorial statue to take place the following month). As fate would have it again, the students have been completing their Human Physiology block alongside their sexual education classes and the coronavirus pandemic. Beginning with the digestive system, the students learned about the cardiovascular, respiratory and reproductive system, including how to enhance their immune system by eating in accordance with Canada's updated Food Guide, as well as how to stay hydrated, breathe deeply and optimize their health! 🌱



Waldorf Education Society of Edmonton (WESE)

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Waldorf Education
Society of Edmonton

